

Extreme Cold Safety Tips

How should I dress?

- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded.
- Wear a hat, because 40% of your body heat can be lost from your head.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.

General Info

- Minimize travel
- Stay indoors during the worst part of the storm/extreme cold
- Keep a winter survival kit in your vehicle if you must travel
- Check tire pressure, antifreeze levels, heater/defroster, etc.
- Drive and walk slowly and carefully on snow and ice
- Keep adequate clothing and blankets on hand to stay warm
- Sufficient heating fuel should regular fuel sources be cut off
- Avoid overexertion when shoveling snow

For more detailed information on what to do before, during, and after winter storms and extreme cold, click the following link: <http://www.ready.gov/winter-weather>



NWS Grand Rapids
www.weather.gov/gr

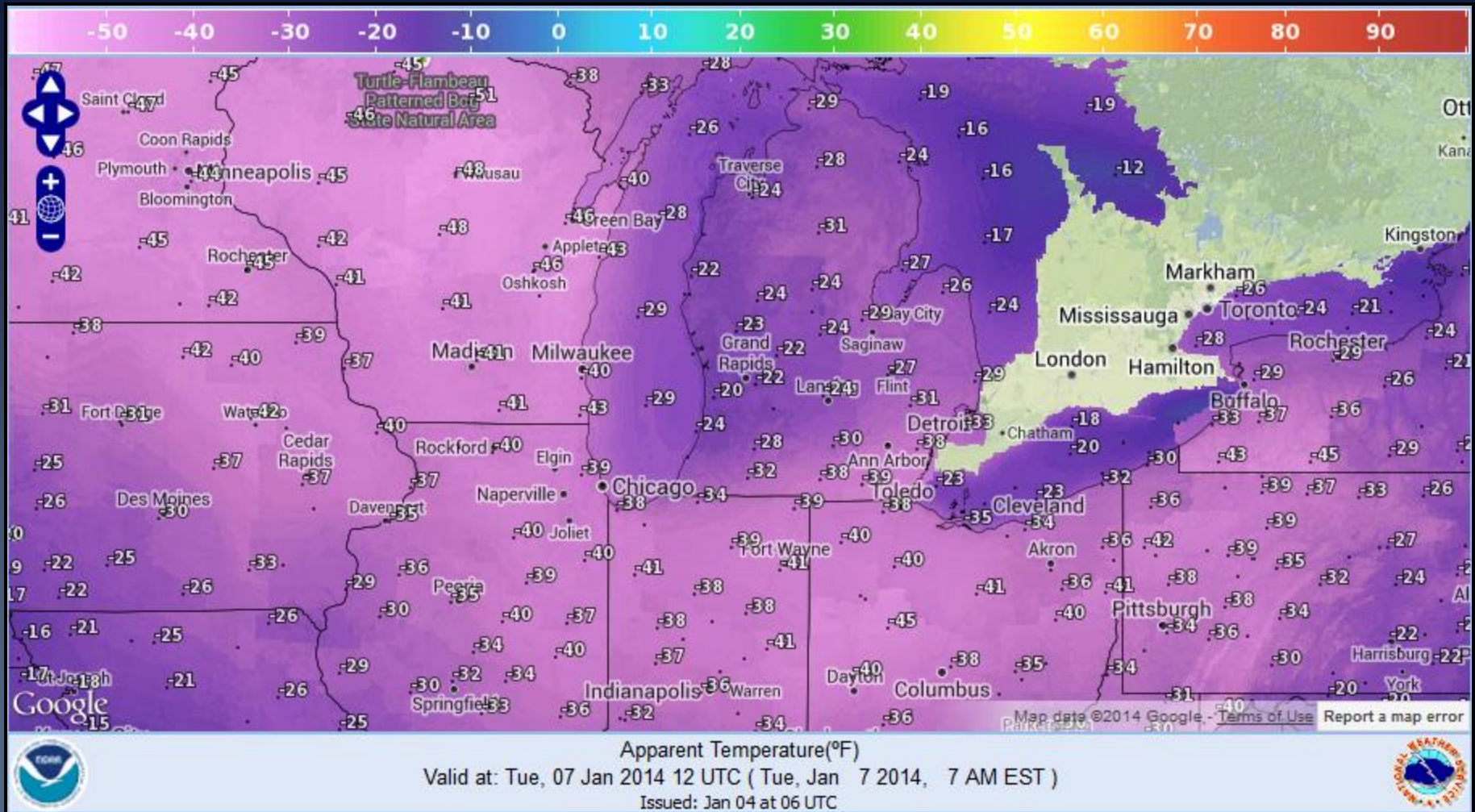


National Weather Service
Grand Rapids



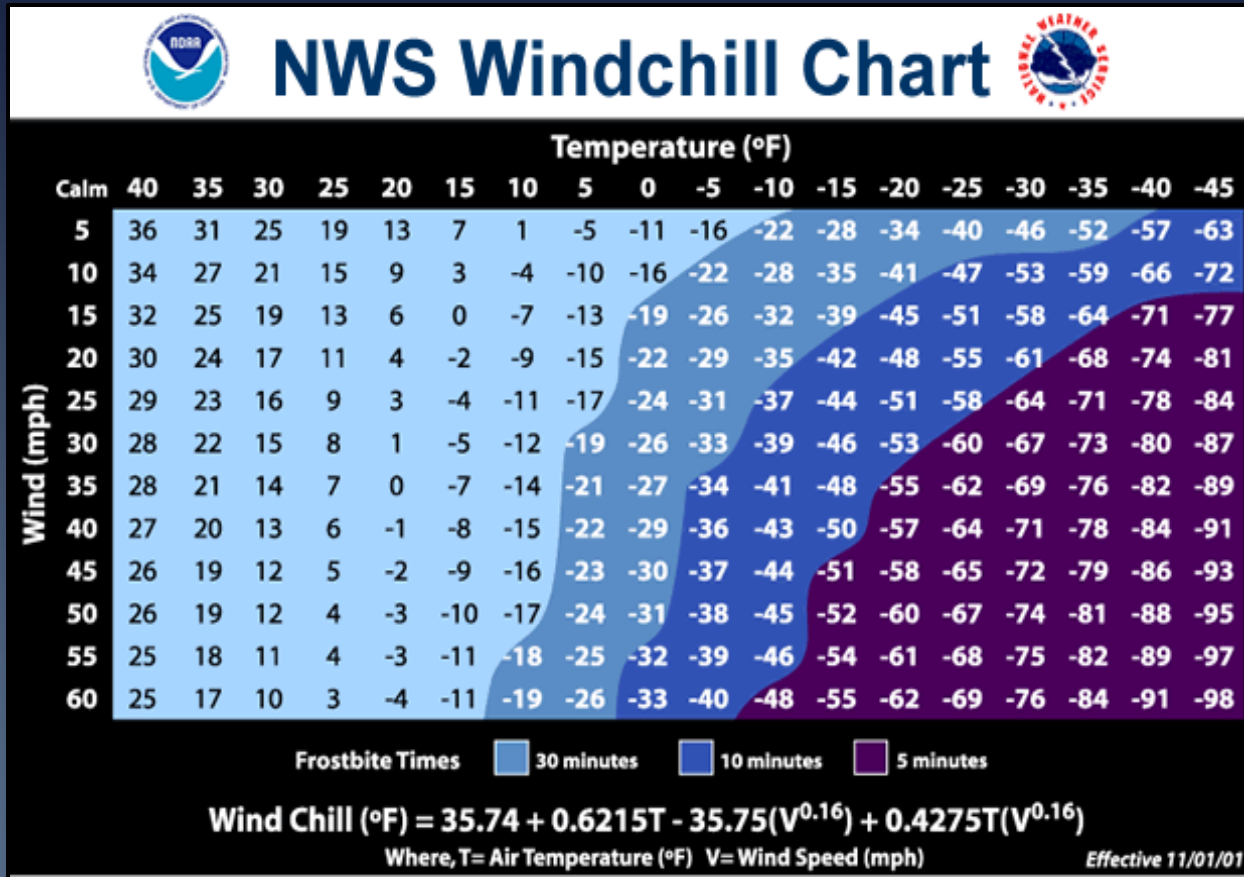
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Cold Outbreak On The Way



Wind chills near -35 or even -40 possible near Jackson on Tuesday morning

What is wind chill?



- The temperature it “feels like” outside
- Based on a human face model
- Incorporates the rate of heat loss from exposed skin caused by wind and cold
- As wind increases, the body is cooled at a faster rate causing the skin temperature to drop
- Does not affect inanimate objects like cars or exposed water pipes